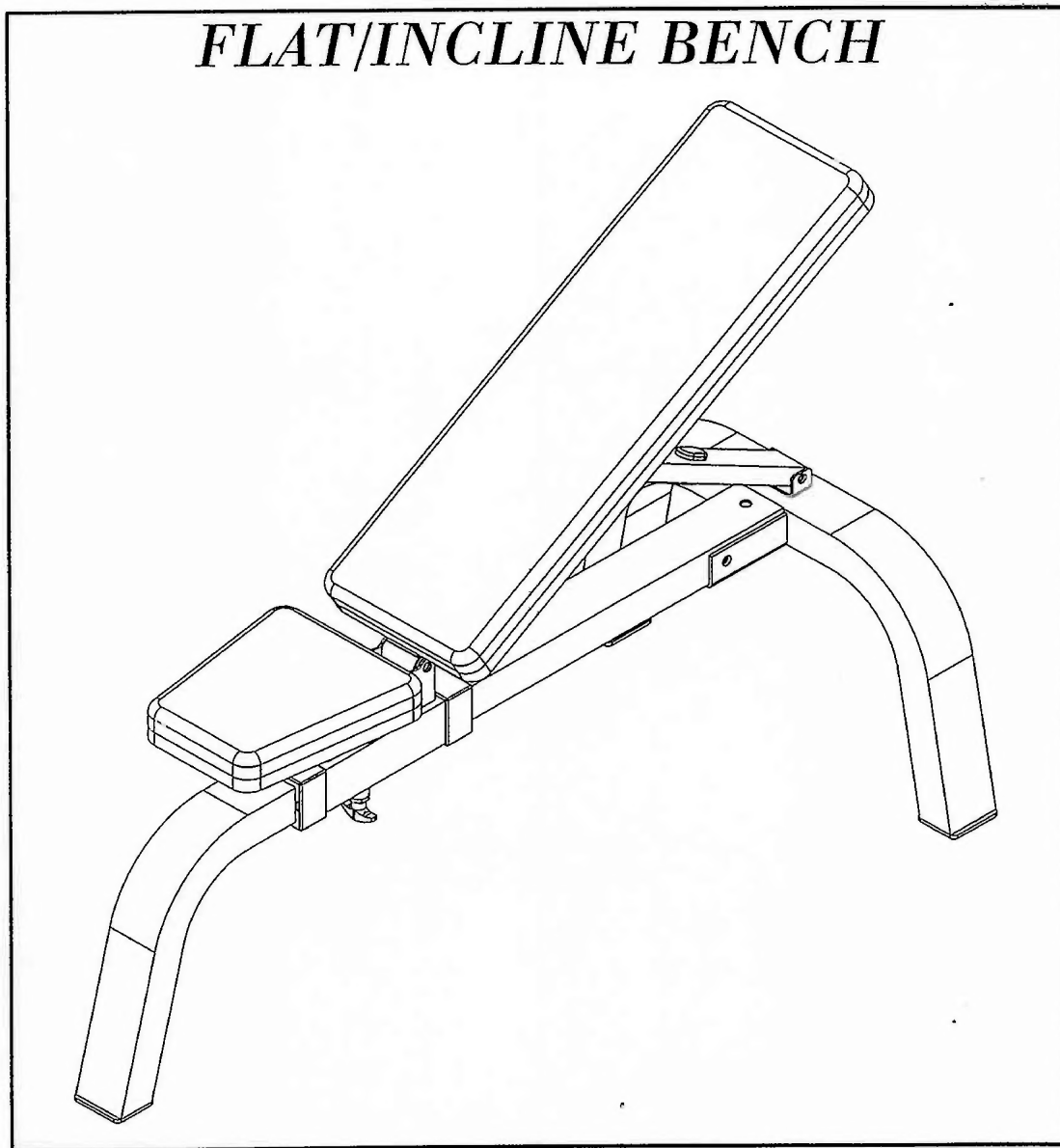


# OWNERS MANUAL



## HF164 FLAT/INCLINE BENCH



*Note: Both Serial Number and Model Number are Required when Ordering Parts*

RECORD SERIAL NUMBER HERE

### Customer Service

(800) 548-5438

(619) 578-7676

### Fax

(619) 578-9558

*Jan 2001*

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# ASSEMBLY

## INSTRUCTIONS

### Step 1

#### INSTRUCTIONS

Before beginning assembly please take the time to read the instructions thoroughly. Please use the catalog in this manual to make sure that all parts have been included in your shipment. When ordering use the part number and description from the catalog. Use only Hoist replacement parts when servicing. Failure to do so will void your warranty and could result in personal injury.

Hoist equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized Hoist dealer. Be sure to have your serial number and this catalog when calling. When all parts have been accounted for, continue on to Step 2.

### SUGGESTED TOOLS

Socket Wrench

3/4" & 1/2" Sockets

Allen Wrench Set

Crescent Wrench

Rubber Mallet

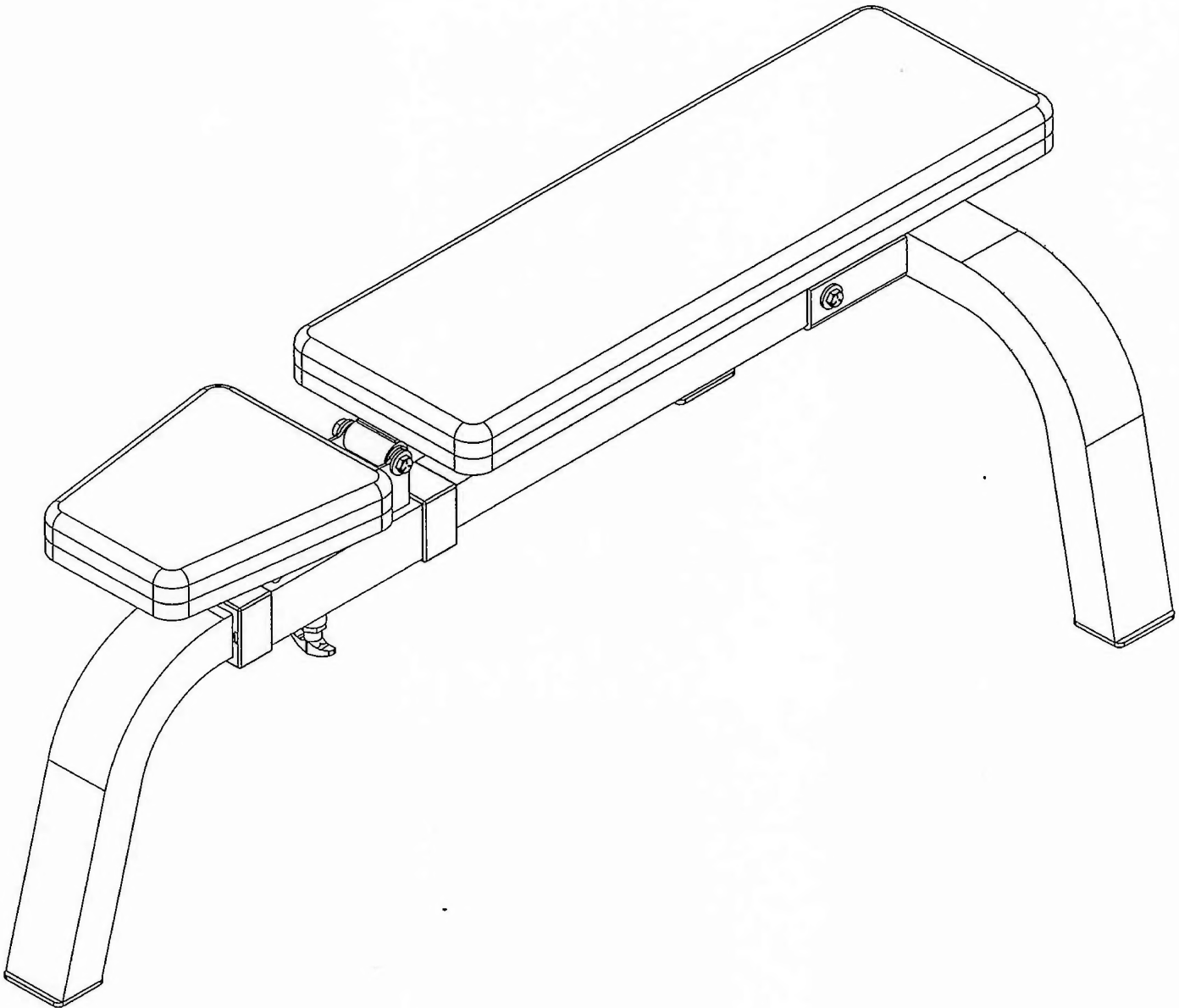
Tape Measure

# ASSEMBLY

## INSTRUCTIONS

### Step 2

#### FRAME ASSEMBLY



# ASSEMBLY

## INSTRUCTIONS

### Step 2a

#### FRAME ASSEMBLY

This assembly will be assembled in three steps. First slide (4) onto (1). Then slide (1) into (2). Now secure both parts together. Wrench Tighten bolts.

#### Part Descriptions

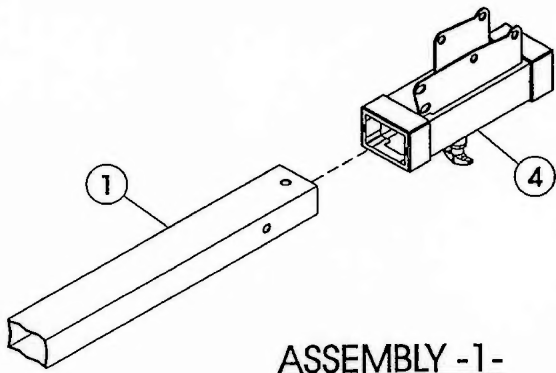
- 1 - Main Frame
- 2 - Support Hoop
- 4 - Seat-Back Slider

#### Hardware Descriptions

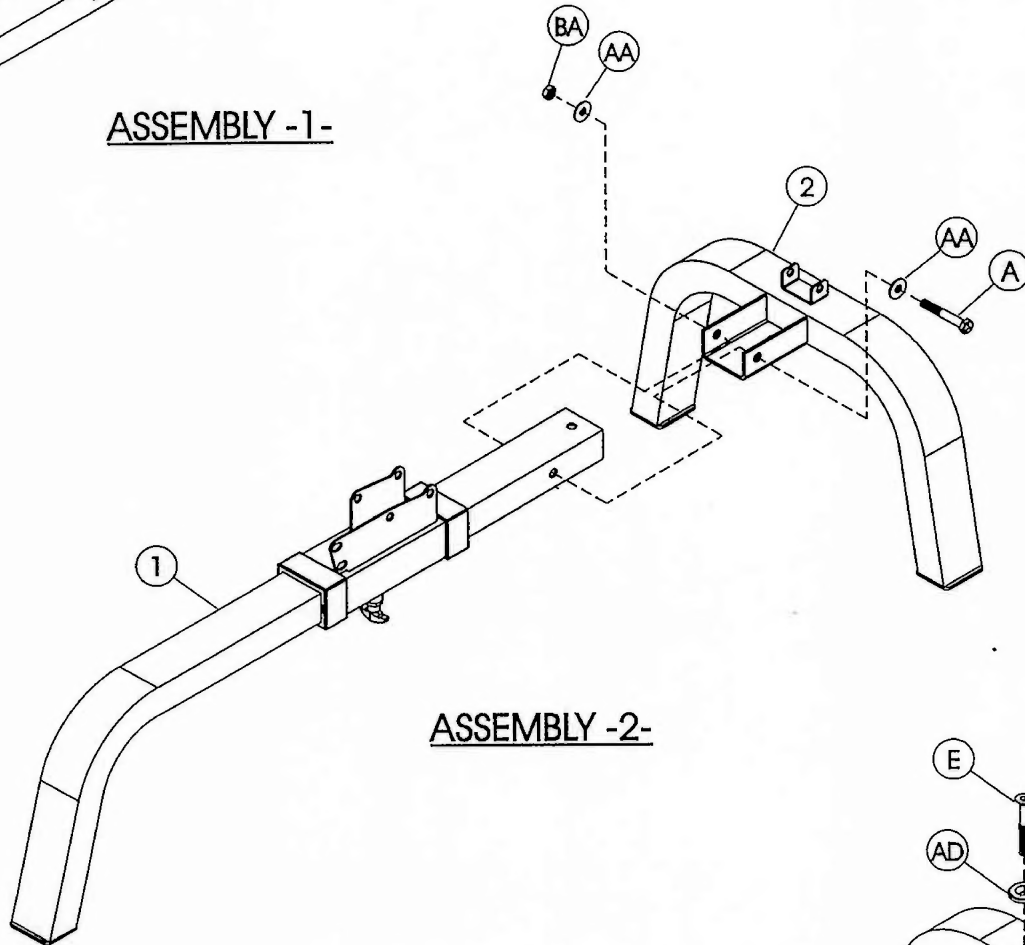
- A - 1/2"-13 x 4 1/4" Hex Head Screw
- E - 1/2"-13 x 3 1/4" Flat Head Socket Screw
- AA - 1/2" Flat Washer
- AD - 1/2" Flat Head Cap
- BA - 1/2" Nylok Nut

# ASSEMBLY

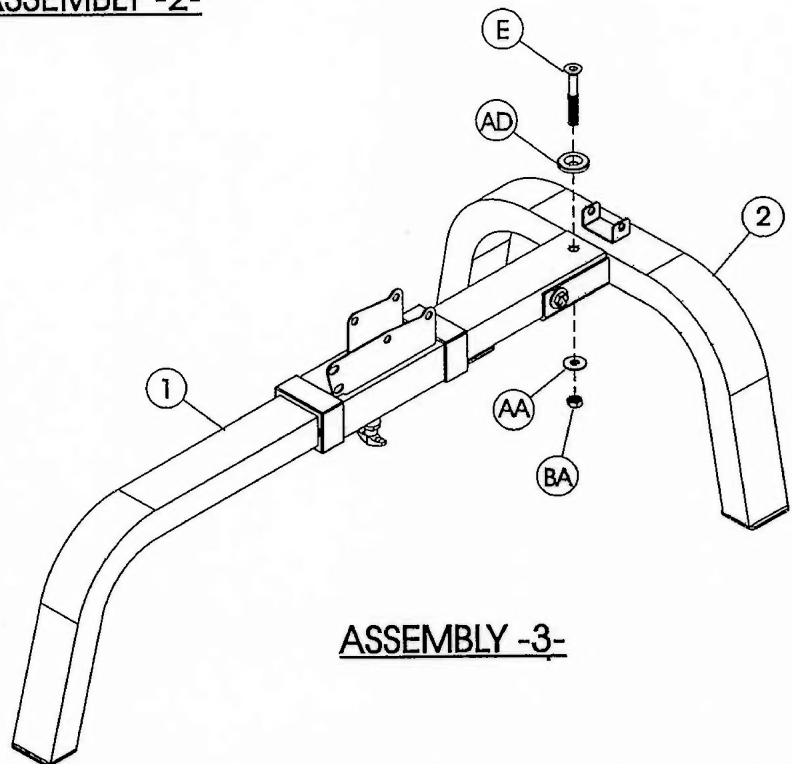
## INSTRUCTIONS



ASSEMBLY -1-



ASSEMBLY -2-



ASSEMBLY -3-

# ASSEMBLY

## INSTRUCTIONS

### Step 2b

#### FRAME ASSEMBLY

This assembly will be assembled in two steps. First attach (6) to (2). Then attach (6) to (3). Note: The Nylon washers (AC) go to the inside of the mounting brackets. Now attach (3) and (5) to (4). Finish the assembly by attaching (CD) to (5) and (CE) to (3). Wrench Tighten bolts.

#### Part Descriptions

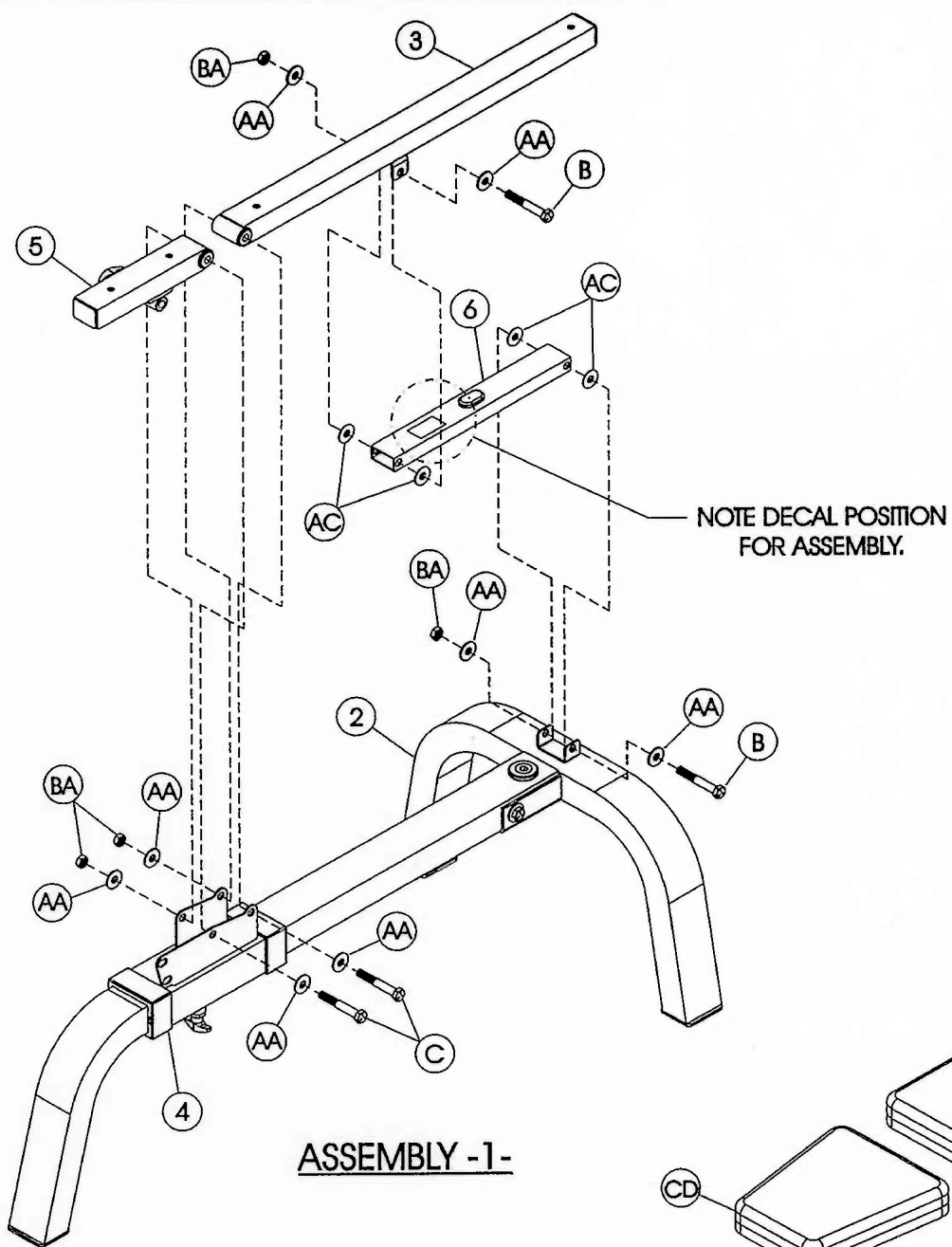
- 2 - Support Hoop
- 3 - Back Pad Mount
- 4 - Seat-Back Slider
- 5 - Seat Mount
- 6 - Back Support

#### Hardware Descriptions

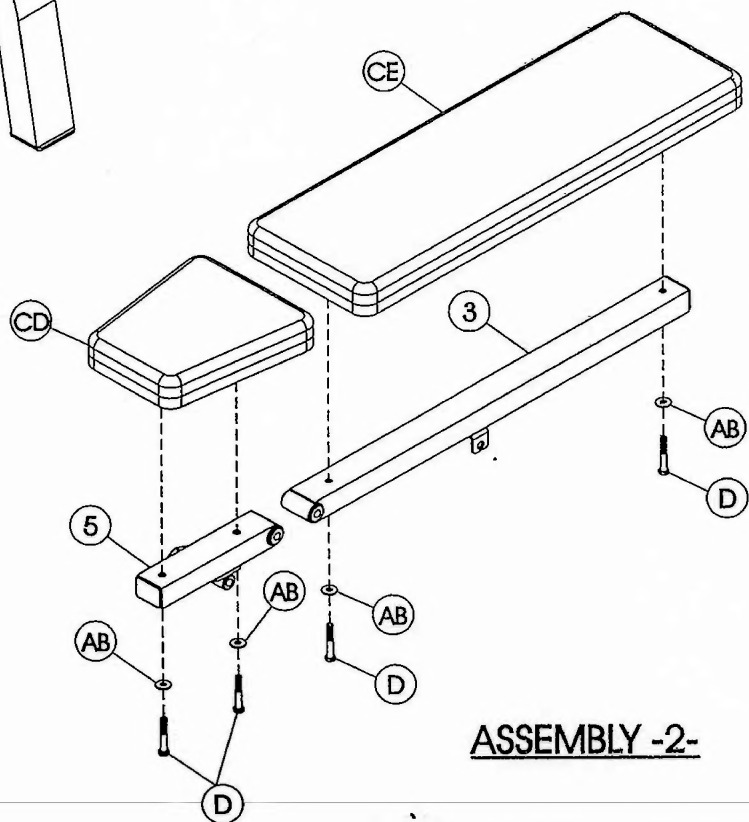
- B - 1/2"-13 x 3 1/4" Hex Head Screw
- C - 1/2"-13 x 3 1/2" Hex Head Screw
- D - 5/16"-18 x 2 1/2" Hex Head Screw
- AA - 1/2" Flat Washer
- AB - 5/16" Flat Washer
- AC - 1/2" Nylon Washer
- BA - 1/2" Nylok Nut
- CD - 10 x 11 Tapered Pad
- CE - 10 x 31 Upholstery Back

# ASSEMBLY

## INSTRUCTIONS



**ASSEMBLY -1-**



**ASSEMBLY -2-**



# ASSEMBLY

## INSTRUCTIONS

### P R E A S S E M B L E D P A R T S

#### Part Descriptions

CA - 2.81" x 3.81" x 1.75" Plastic Cap

CB - 1 1/2" x 2" End Cap

CC - 1/2" Oilite

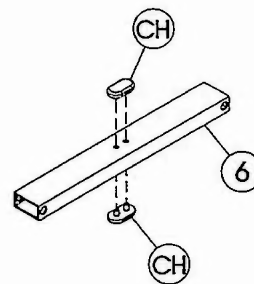
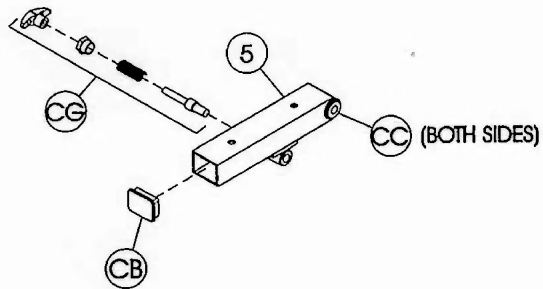
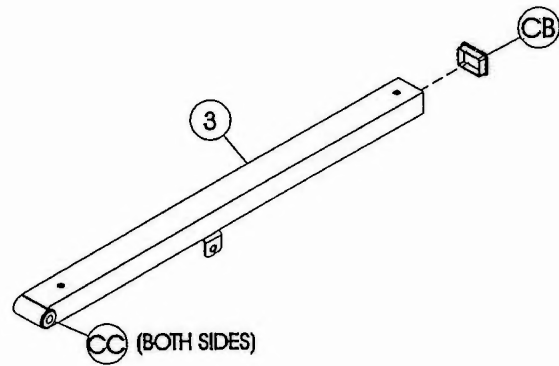
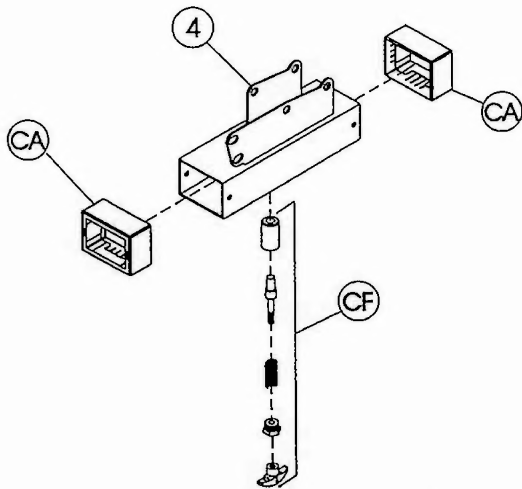
CF - Pull Pin (Locking)

CG - Long Pull Pin

CH - Plug Bumper

# ASSEMBLY INSTRUCTIONS

## PRE ASSEMBLED PARTS



# ASSEMBLY

## INSTRUCTIONS

### PART LISTING

<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	1	26-STD-HF164-01	Main Frame
2	1	26-STD-HF164-02	Support Hoop
3	1	26-STD-HF166-01	Backpad Mount
4	1	26-STD-HF164-03	Seat-Back Slider
5	1	26-STD-HF167-06	Seat Mount
6	1	26-STD-HF166-05	Back Support

# ASSEMBLY

## INSTRUCTIONS

### H A R D W A R E L I S T I N G

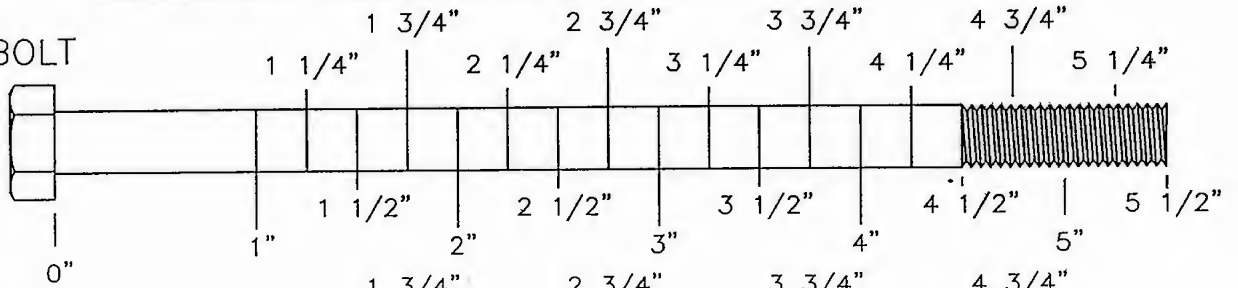
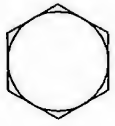
<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
A	1	11-HEX-12414	12"-13 x 4 1/4" Hex Head Screw
B	2	11-HEX-12314	1/2"-13 x 3 1/4" Hex Head Screw
C	2	11-HEX-12212	1/2"-13 x 3 1/2" Hex Head Screw
D	4	11-HEX-516212	5/16"-18 x 2 1/2" Hex Head Screw
E	1	11-FLA-12314	1/2"-13 x 3 1/4" Flat Head Socket Screw
AA	11	13-FLT-12SAE	1/2" Flat Washer
AB	4	13-FLT-516SAE	5/16" Flat Washer
AC	4	13-FLT-12N	1/2" Nylon Washer
AD	1	026-01M0447	1/2" Flat Head Cap
BA	6	12-LOK-12N	1/2" Nylock Nut
CA	2	026-01PL257	2.81" x 3.81" x 1.75" Plastic Cap
CB	2	16-CAP-1122	1 1/2" x 2" End Cap
CC	4	26-STD-08-0026	1/2" Oilite
CD	1	26-STD-SU1011T	10 x 11 Tapered Pad
CE	1	022-01PD0026	10 x 31 Upholstery Back
CF	1	26-STD-11-0004	Pullpin (Locking)
CG	1	26-STD-11-0040	Long Pullpin
CH	2	26-STD-06-0129	Plug Bumper

# ASSEMBLY

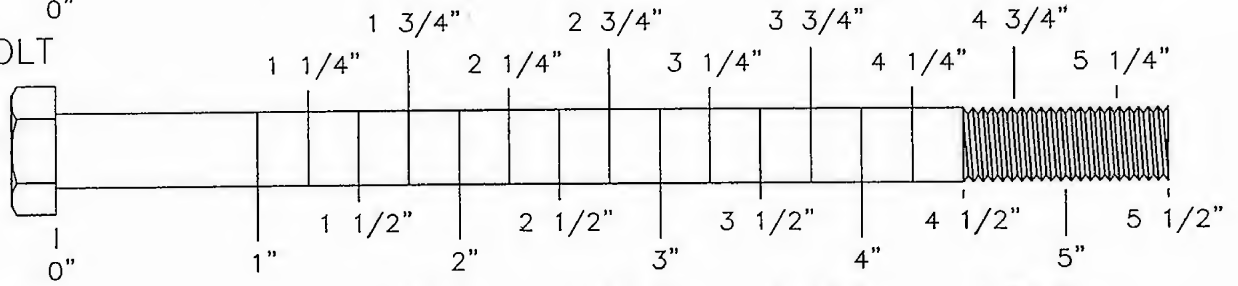
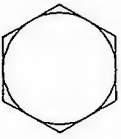
## INSTRUCTIONS

### BOLT SIZING CHART

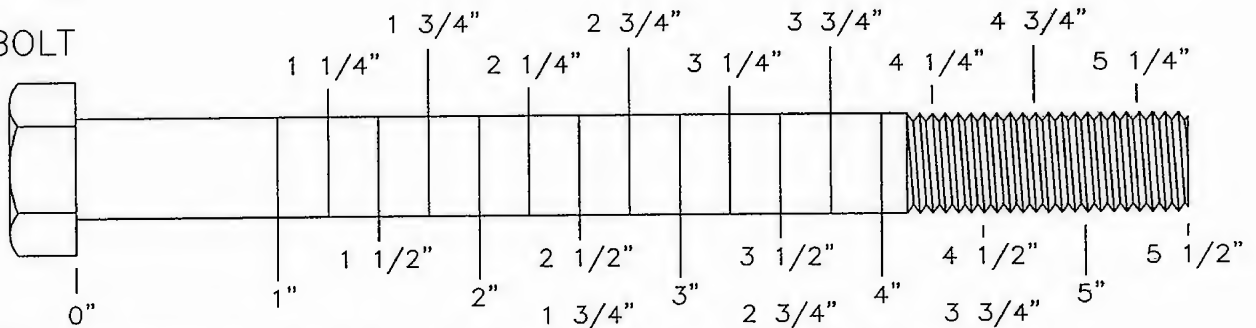
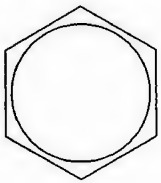
5/16" HEX BOLT



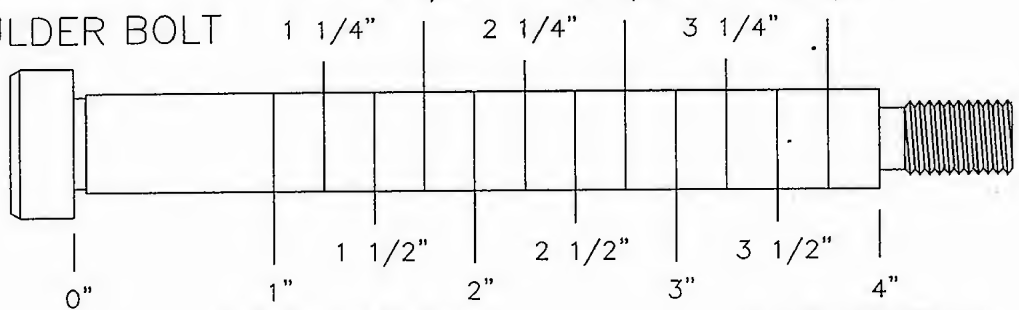
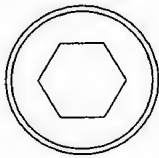
3/8" HEX BOLT



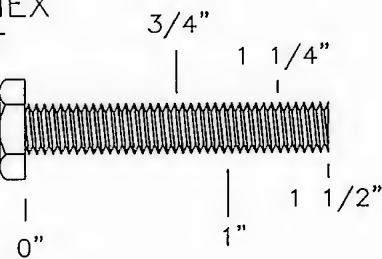
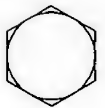
1/2" HEX BOLT



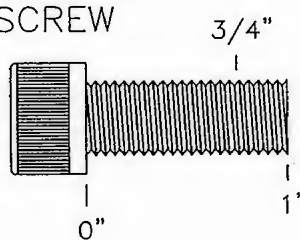
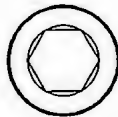
1/2" SHOULDER BOLT



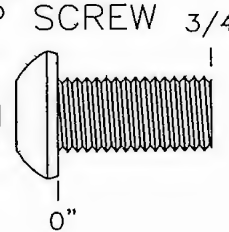
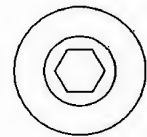
1/4" HEX BOLT



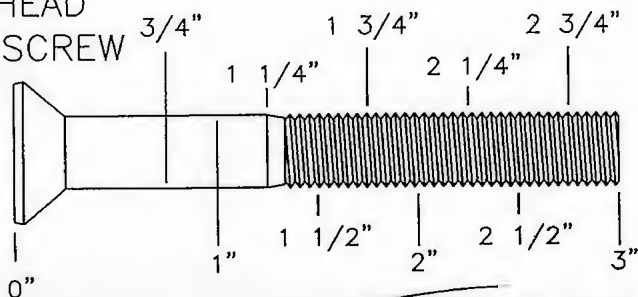
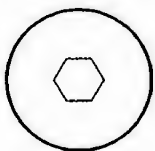
3/8" SOCKET CAP SCREW



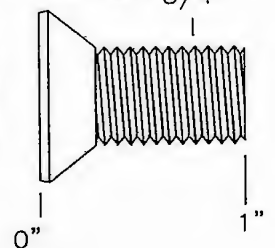
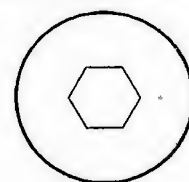
3/8" BUTTON HEAD CAP SCREW



3/8" FLATHEAD SOCKET CAP SCREW



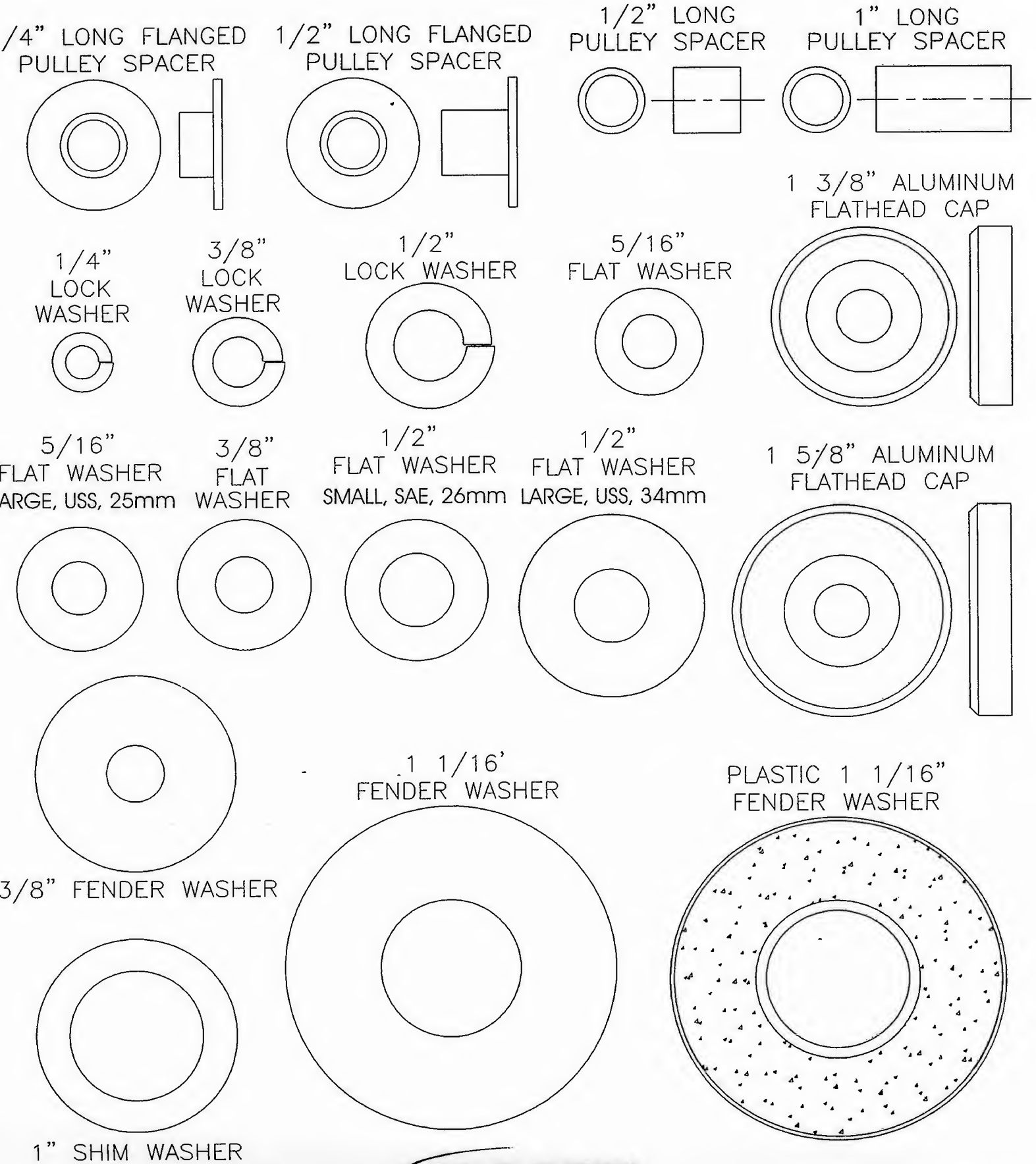
1/2" FLATHEAD SOCKET CAP SCREW



# ASSEMBLY

## INSTRUCTIONS

### WASHER SIZING CHART



## WEIGHT TRAINING TIPS

Always consult your physician before starting any exercise program.

Hoist equipment is designed to maximize your time spent working out. Having an exercise routine planned out in advance will allow you to get the most benefit out of the time spent exercising, and will also enable you to work all the major muscle groups.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.



# Weight Training Exercise Log

**S**=Sets      **R**=Repetition per set      **W**=Weight used

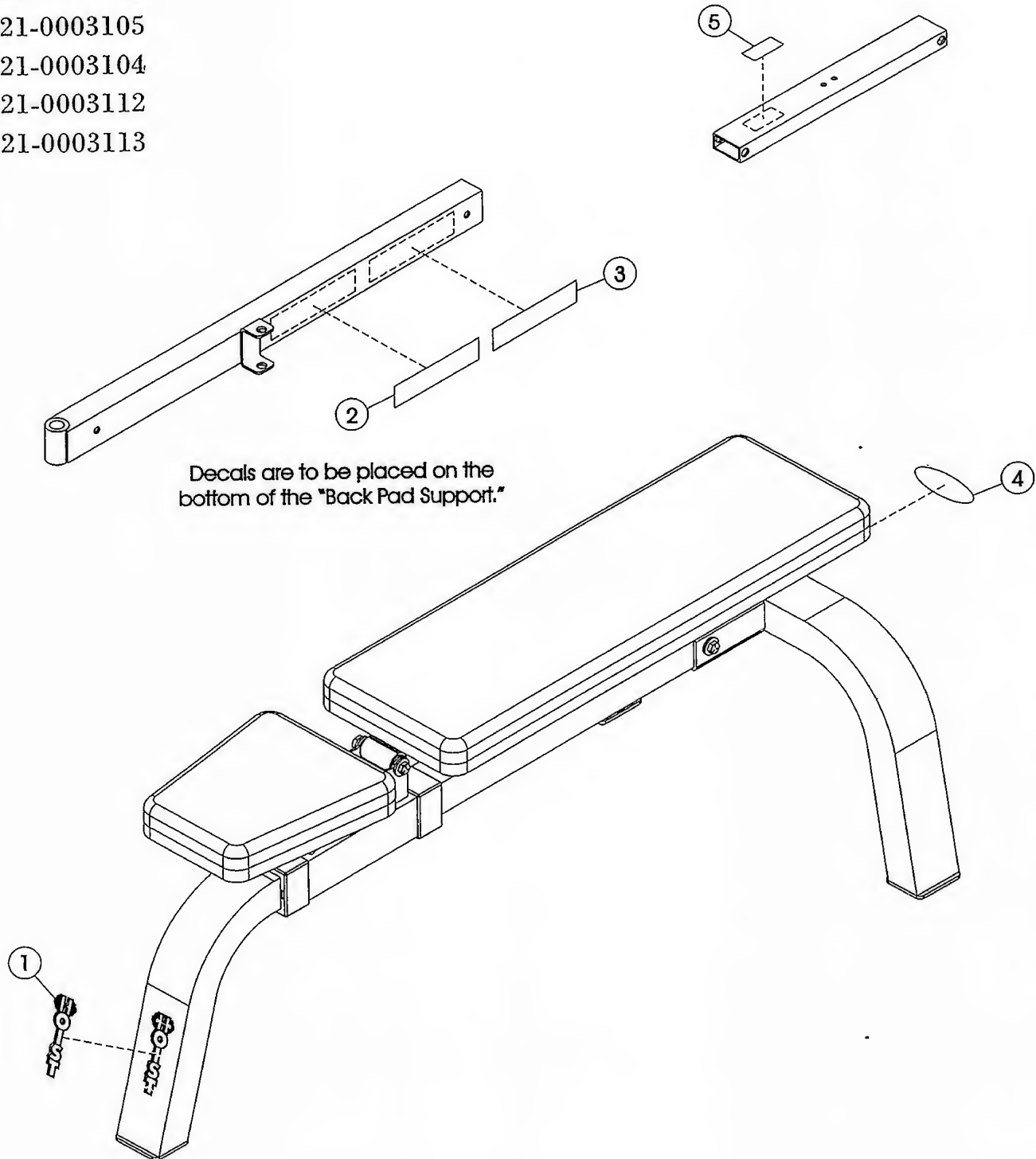
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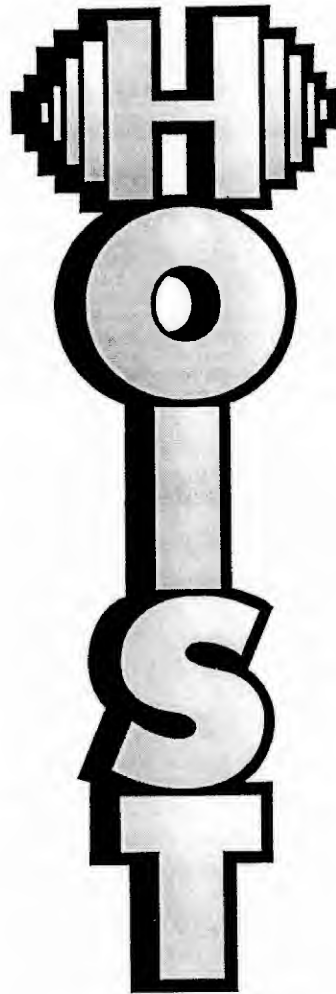
## DECAL PLACEMENTS

### Decal Descriptions

- 1 - 021-0004042
- 2 - 021-0003105
- 3 - 021-0003104
- 4 - 021-0003112
- 5 - 021-0003113



**DECAL REFERENCE**



**021-0004042**

### DECAL REFERENCE

*This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.*

#### WARNING

USE ONLY GENUINE  
HOIST REPLACEMENT  
PARTS. FAILURE TO DO SO  
WILL VOID WARRANTY  
AND COULD RESULT IN  
PERSONAL INJURY.  
THERE IS A RISK ASSUMED  
BY INDIVIDUALS WHO USE  
THIS TYPE OF EQUIPMENT.  
TO MINIMIZE THE RISK,  
ALWAYS FOLLOW THESE  
SIMPLE RULES.

1. READ & UNDERSTAND ALL  
ENCLOSED INSTRUCTIONS before  
using this equipment

2. INSPECT EQUIPMENT BEFORE  
EACH USE. Replace all parts at the  
first signs of wear or damage. If in  
doubt about a certain part, DO NOT  
use the equipment until the part is  
replaced. Failure to replace worn or  
damaged parts may result in injury

3. FOLLOW ROUTINE  
MAINTENANCE SCHEDULE

4. CONSULT YOUR PHYSICIAN  
BEFORE STARTING ANY  
EXERCISE PROGRAM. Warm up  
properly before engaging in weight  
resistance training. Stop exercising if  
you feel faint or dizzy

5. TO PREVENT THE POSSIBILITY  
OF SERIOUS INJURY, KEEP CLEAR  
OF ALL MOVING PARTS. Do not  
attempt to free any jammed part by  
yourself. Obtain assistance in order to  
avoid possible injury

6. CHILDREN SHOULD NOT BE  
ALLOWED TO USE THIS  
EQUIPMENT. To avoid possible  
injury, children should be kept at a safe  
distance when this equipment is in use.  
Teenagers should not use this  
equipment without adult supervision

7. CALL YOUR AUTHORIZED  
HOIST DISTRIBUTOR if you have  
any questions on the proper use or  
maintenance of this equipment

**021-0003105**

ROUTINE MAINTENANCE	Daily	Weekly	Monthly	Yearly
Inspect: Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	X			
Clean, Upholstery	X			
Clean and Lubricate, Guide Rods		X		
Inspect: Accessory Bars and Handles		X		
Inspect: All Decals		X		
Inspect: All Nuts and Bolts, Tighten if Needed		X		
Inspect, Anti-Skid Surfaces		X		
Inspect: Cables and Cable Tension		X		
Lubricate, Seat Sleeves, Turcite Bushings, Linear Bearings		X		
Clean and Wax, All Glossy Finishes			X	
Repack with Grease, Linear Bearings			X	
Replace, Cables and Connecting Parts				X

**021-0003104**

## DECAL REFERENCE

*SERIAL # DECAL; Always refer to the number Shown on your piece of equipment when talking to customer service or ordering parts.*



021-0003112

*This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.*



021-0003113

## HOIST FITNESS SYSTEMS GENERAL MAINTENANCE INFORMATION

### Links, Pull-Pins, Snap Locks, Swivels, Weight Stack Pins:

- \* Check all pieces for signs of visible wear or damage.
- \* Check springs in snap hooks and pull-pins for proper tension and alignment.
- \* If the spring sticks or has lost its rigidity, replace it immediately.

### Upholstery:

- \* To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- \* Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- \* Replace ripped or worn upholstery immediately.
- \* Keep sharp or pointed objects clear of all upholstery.

### Guide Rods:

- \* Wipe clean with a dust free rag. Lubricate once a week with a Silicon or Teflon based lubricant.

### Decals:

- \* Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

### Nuts and Bolts:

- \* Inspect all nuts and bolts for any loosening and tighten if needed.
- \* Go through a re-tightening sequence periodically to ensure that all hardware is tensioned properly.

### Anti-Skid Surfaces:

- \* These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

### Cables:

- \* Hoist uses only Aircraft Quality Cable which meets or exceeds military specifications. Although our cables are designed to last for years, to ensure optimum performance and as a routine safety precaution we recommend that all cables be replaced yearly.
- \* Visually inspect the cable for fraying, cracking, peeling or discoloration.
- \* While the machine is not in use, carefully run your fingers along the cable to feel for thinning or bulging areas.
- \* Replace cables immediately at the first signs of damage or wear. Do not use equipment until cables have been replaced.

# ASSEMBLY INSTRUCTIONS

## Continued: GENERAL MAINTENANCE INFORMATION

### Cable Tension:

\* Referring to the Assembly/Owners Manual, check all cable bolts and attachments to be sure they are properly attached.

\* Check slack in cables and readjust cable tension if needed.

### Seat Sleeves, Turcite Bushings:

\* Wipe down adjusting tubes with a dust free rag before applying lubricant.

\* Lubricate seat sleeves and turcite bushings with a Silicon or Teflon based lubricant spray.

### Linear Bearings:

\* Referring to the Assembly/ Owners manual carefully dis-assemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS.



# ASSEMBLY INSTRUCTIONS

## Hoist Fitness Systems LIMITED LIFETIME WARRANTY

Hoist Fitness Systems warrants this product to the original purchaser to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, Hoist Fitness Systems shall repair or replace it (at Hoist Fitness Systems option) within a reasonable period of time. This warranty does not cover costs of removal, transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear.

Starting from the original date of purchase, normal wear and tear shall be considered as the following: All malfunctions of upholstery and paint that occur after 90 days; all malfunctions of electronic components, belts or cables that occur after one year; all malfunctions of pulleys, bearings or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.

Hoist Fitness Systems sole responsibility shall be to repair or replace the component within the terms stated above. Hoist Fitness Systems shall not be liable for any loss or damage of any kind including any incidental or consequential damages resulting, directly or indirectly from any warranty expressed or implied or any other failure of this product.

### WHAT IS NOT COVERED BY THIS WARRANTY

Hoist's sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.

**NO CONSEQUENTIAL DAMAGES.** Hoist is not responsible for economic loss; profit loss; or special, indirect, or consequential damages.

**WARRANTY IS NOT TRANSFERABLE.** This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignment or transfer shall void the warranties herein made and shall void all warranties, express, implied or statutory, except the one (1) and (5) year warranty described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

**ALTERATION, NEGLIGENCE, ABUSE, MISUSE, NORMAL WEAR & TEAR, ACCIDENT, DAMAGE DURING TRANSIT OR INSTALLATION, FIRE, FLOOD, ACTS OF GOD.** Hoist is not responsible for the repair or replacement of any parts that Hoist determines have been subjected after the date of manufacture to alteration, neglect, abuse, misuse, normal wear & tear, accident, damage during transit or installation, fire, flood, or an ACT OF GOD.

**TRANSPORTATION COSTS.** Hoist will accept parts covered under this warranty freight collect, provided that shipment has received prior approval. Hoist is not responsible for any other transportation costs, but will ship freight collect parts either repaired or replaced under these warranties.

**WARRANTY CLAIMS.** All claims should include: model number, the serial number, proof of purchase, date of installation, and all pertinent information supporting the existence of the alleged defect.

Hoist Fitness Systems  
9990 Empire St., #130  
San Diego, Calif., 92126  
(800) 548-5438

Web Site - [www.hoistfitness.com](http://www.hoistfitness.com)

PLEASE KEEP THIS FOR YOUR RECORDS.

